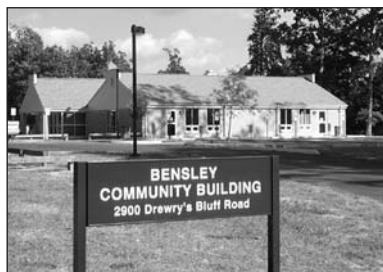


For more details on Bensley programs, call David Potter at 275-5321.



The Chesterfield County Parks and Recreation Department is excited to offer youths, adults and older adults a variety of programs at the Bensley Community Building. All classes, workshops, special events and craft programs are made possible by Chesterfield County and a Community Development Block Grant.

Available for rent

The Bensley Community Building in Bensley Park, 2900 Drewry's Bluff Road, is rented on a first-come, first-served basis. An hourly charge will be applied. The 5,000-plus-square-foot building contains an arts-and-crafts room and a multipurpose room. For more information about classes, special events and rentals, please call David Potter, 275-5321.

Fitness

Aerobics Light-n-Lively I ☎

An aerobic workout that includes exercises and basic steps set to music, this class is designed for participants who have never taken an aerobic class, have not exercised on a regular basis, or need to exercise at a slower pace. The class includes a low-impact cardiovascular workout with warm-up and cool-down exercises, followed by strength training and stretching.

Instructor will be Lois Hofstra.

Classes are held 9-10 a.m.	Fee	Course
Tuesdays, Jan. 3-Feb. 7	\$12	11559
Thursdays, Jan. 5-Feb. 9	\$12	11560
Tuesdays, Feb. 14-March 21	\$12	11561
Thursdays, Feb. 16-March 23	\$12	11562
Tuesdays, March 28-April 25	\$10	11563
Thursdays, March 30-April 27	\$10	11564

Aerobics Light-n-Lively II ☎

This class is designed to increase your heart rate and keep it raised throughout. It includes a warm-up exercise, a 30-minute cardiovascular workout and cool-down segment and 30 minutes of strength training and stretching.

Instructor will be Lois Hofstra.

Classes are held 9-10 a.m.	Fee	Course
Wednesdays, Jan. 4-Feb. 8	\$12	11568
Fridays, Jan. 6-Feb. 10	\$10	11569
Mondays, Jan. 9-Feb. 6	\$ 8	11570
Mondays, Feb. 13-March 20	\$12	11571
Wednesdays, Feb. 15-March 22	\$12	11572
Fridays, Feb. 17-March 24	\$12	11573
Mondays, March 27-April 24	\$10	11574
Wednesdays, March 29-April 26	\$10	11575
Fridays, March 31-April 28	\$10	11576

Body Toning ☎

This class combines hand weights and body resistance to tone and strengthen muscles. A relaxing total-body stretch will complete each class. Stronger muscles help burn more calories, reduce the risk of osteoporosis and improve the quality of daily activities. Well-toned muscles will help you look and feel great. This class is for people of all fitness levels and is taught by Kelly Pagel.

Classes are held 10:15-11:15 a.m.	Fee	Course
Tuesdays, Jan. 3-Feb. 7	\$15	11577
Thursdays, Jan. 5-Feb. 9	\$15	11578
Tuesdays, Feb. 14-March 21	\$12	11579
Thursdays, Feb. 16-March 23	\$15	11580
Tuesdays, March 28-April 25	\$12.50	11581
Thursdays, March 30-April 27	\$12.50	11582

Pilates ☎

Pilates is designed to build long, supple muscles, improve posture and increase grace. Pilates strengthens your powerhouse, or core, which consists of the abdomen, lower back and hips.

Tuesdays, Jan. 3-Feb. 7	11:20 a.m.-12:20 p.m.	\$15	Course 11973
Thursdays, Jan. 5-Feb. 9	12:30-1:30 p.m.	\$15	Course 11974
Tuesdays, Feb. 14-March 21	11:20 a.m.-12:20 p.m.	\$15	Course 11975
Thursdays, Feb. 16-March 23	12:30-1:30 p.m.	\$15	Course 11976
Tuesdays, March 28-April 25	11:20 a.m.-12:20 p.m.	\$12.50	Course 11977
Thursdays, March 30-April 27	12:30-1:30 p.m.	\$12.50	Course 11978

Sit and Be Fit/PACE ☎

Join this long-running program with some new twists. Designed for older adults with limited mobility, this adaptive-movement program is less intense than Light-n-Lively Aerobics. Stretch, tone and socialize to upbeat music — all from the comfort of your chair. Elements of People with Arthritis Can Exercise or PACE are incorporated. Instructor will be Lois Hofstra.

Classes are held 10:15-11 a.m.	Fee	Course
Wednesdays, Jan. 4-Feb. 8	\$9	11586
Mondays, Jan. 9-Feb. 6	\$6	11587
Mondays, Feb. 13-March 20	\$9	11588
Wednesdays, Feb. 15-March 22	\$9	11589
Mondays, March 27-April 24	\$7.50	11590
Wednesdays, March 29-April 26	\$7.50	11591

Yoga ☎

This course is appropriate for all fitness levels. It will incorporate easy physical postures, deep relaxation and breathing practices. It also will include meditation to help you to reduce stress and improve your strength and flexibility. Instructor will be Catherine DeSouza.

Fridays, Jan. 6-Feb. 10	10:15-11:15 a.m.	\$15	Course 11997
Mondays, Jan. 23-March 6	11:40 a.m.-12:40 p.m.	\$15	Course 11617
Fridays, Feb. 17-March 24	10:15-11:15 a.m.	\$15	Course 11998
Mondays, March 20-April 24	11:40 a.m.-12:40 p.m.	\$15	Course 11618
Fridays, March 31-April 28	10:15-11:15 a.m.	\$15	Course 11999

For more details on Bensley programs, call David Potter at 275-5321.

Senior Adults Programs

Watercolor for Seniors ☎

These workshops are designed to spark your interest in the magnificent art of watercolor. Participants will learn the basic techniques and principles of designing beautiful watercolor paintings. Each participant will learn at his or her own pace. Students are asked to bring their own watercolor paper. Preregistration is required.

Tuesdays, 10:30 a.m.-12:30 p.m.
Feb. 7-March 14 \$30 Course 11621
March 21-April 25 \$30 Course 11622

Valentine Potluck ☎

Come be a sweetheart to that someone special at our Valentine Potluck. We will have some delightful food and provide musical entertainment during this event. Bring a favorite dish to share.
Monday, Feb. 13, noon-2 p.m. Free Course 11615

St. Patrick's Day Potluck ☎

Come celebrate the luck of the Irish with good friends and great food. Entertainment will be provided. Please call to register, and bring a dish to share.
Monday, March 13, noon-2 p.m. Free Course 11616

Creative Crafts ☎

Instructor Bobby Whitlock provides all the materials for these fun crafts.

Topiary on a Fan Blade

Paint an ivy topiary on a fan blade.
Friday, Jan. 13, 9 a.m.-1 p.m. \$12.50 Course 11684

Spruce Up Your Bathroom

Paint an array of summer flowers on a toilet-paper holder for your bathroom.
Friday, Feb. 10, 9 a.m.-1 p.m. \$12.50 Course 11685

Goldfinch on a Frame – Part 1

Paint a gorgeous goldfinch on a 12 x 12 picture frame that will display a 5 x 7 photograph.
Friday, March 10, 9 a.m.-1 p.m. \$12.50 Course 11686

Goldfinch on a Frame – Part 2

You must take Part 1 to register for this class.
Friday, April 14, 9 a.m.-1 p.m. \$12.50 Course 11687

All-Natural Herbal Salve ☎

Keep your feet moisturized and soft with the chemical-free natural salve you will make using herb-infused olive oils. You will make a basic recipe and take home a 4-ounce jar. You'll wonder how you ever lived without it. You must register by Friday, Jan. 27. The instructor will be Carole Stevens.
Monday, Feb. 6, 10-11:30 a.m. \$12 Course 11933

Potpourri and Sachet ☎

All-natural botanicals will be used to make beautiful potpourri bags. Each child will decorate and take home a bag tied with a pretty bow. They also will make and take home a muslin drawstring bag filled with organic lavender buds. The bag can be put under a pillow or used in the dryer. Register by Friday, Jan. 27. Instructor will be Carole Stevens. For children aged 4-7
Monday, Feb. 6, 3:30-4:30 p.m. \$10 Course 11932

Petroleum-Free Lip Balm ☎

Participants will learn how to make their own lip balm that is soothing and healing to dry, chapped lips. Everyone will take home two lip balms along with the formula to make their own. Participants must register by Friday, Jan. 27. Instructor will be Carole Stevens.
Monday, Feb. 6, 5-6 p.m. (youths aged 10-15) \$10 Course 11931
Monday, Feb. 6, 6:30-7:30 p.m. \$10 Course 12000

Let's Play Cards and Games

Canasta

Join this group as we play canasta for fun. This program is free for everyone to enjoy. People of all skill levels are encouraged to participate. Program is ongoing.
Tuesdays, Jan. 3-April 25, 1-4 p.m. Free Course 11565
Details: Peggy Oliver, 739-2688

Dominoes

Join the "train," as we play a great game of dominoes with friends. Everyone is welcome to participate.
Tuesdays, Jan. 3-April 25, 1-4 p.m. Free Course 11567
Details: Richard Puffenbarger, 526-4923

Pinochle Club

Meet new friends while playing pinochle. Bring your lunch and spend time with us. Beginners can join at any time to learn this game. Program is ongoing.
Wednesdays, Jan. 4-April 26 10 a.m.-4 p.m. Free Course 11566
Details: Hazel Harper, 275-0339

Bridge Card Group

This program is for players who have intermediate skills. Players who cancel must find a replacement. Players rotate tables and must pre-register one week prior to playing.
Thursdays, Jan. 5-April 27, 9 a.m.-1 p.m. Free Course 11555
Details: Joyce Wenberg, 275-5842

Basic Spanish ☎

All classes will be held Tuesdays and Thursdays from 6:30-8 p.m. at the Bensley Community Building, 2900 Drewry's Bluff Road. Register at least one week prior to class. Instructor will be Marianela Maredo.

Level One

This class is for beginners. You will learn verbs, colors, days of the week and numbers.
Jan. 10-19 \$20 Course 11833

Level Two

Do you want to improve your Spanish skills? Register now for this class and learn how to form short sentences, develop conversations and more.
Feb. 14-23 \$20 Course 11834

Level Three

Are you ready to learn more Spanish? This class is for those individuals that have taken level-one and level-two classes.
March 14-23 \$20 Course 11836

Visit us on the web at chesterfield.gov.

6 Community Buildings – Bensley

For more details on Bensley programs, call David Potter at 275-5321.

Youth and Teens

Hang Time ☎

This is a free program for youths aged 8-14. Hang Time provides your child with an opportunity to participate in sporting activities, arts and crafts, and field trips, all in a safe, structured environment. Bring your friends, or meet new ones, in the Hang Time program at the Bensley Community Building. This program is continuous, so you may join at any time.

Mondays-Thursdays, 3-5:30 p.m.

Jan. 3-April 27

Free Course 11544

Karate for Kids ☎

Learn self-defense, physical fitness, coordination, balance and discipline in this ongoing program for youth. Students will earn different belts as they progress in the program. Student of the Month awards also will be given. Youths aged 8 and older are welcome.

Tuesdays and Thursdays, 6-7 p.m.

Jan. 10-Feb. 28

\$25 Course 11545

March 7-April 20

\$25 Course 11546

Kreative Kids ☎

Help your child explore his or her creative talents. Parents will participate with their 2- to 6-year-olds in games and crafts as they learn cooperative play, develop motor skills and make new friends. Each day will include structured group play and a craft project. Special holiday parties are included as well.

Tuesdays, 10-11 a.m.

Jan. 10-Feb. 28

\$8 Course 11541

March 7-April 25

\$8 Course 11542

Easter Egg Candy Hunt and Extravaganza

Come be a part of our annual Easter Egg Hunt at the Bensley Community Building. Join the Easter Bunny as you and your friends collect candy eggs for prizes. Bring your camera and get a picture with the Easter Bunny during this event.

Saturday, April 8, 11 a.m.-1 p.m.

Free

Valentine Boogie

Come celebrate Valentine's Day at this teen dance for ages 9-15.

Bring your friends, or make new ones, while you boogie down.

Light refreshments will be served. For ages 9-15

Friday, Feb. 17, 6:30-9 p.m.

\$5 Course 11612

Country Western Line Dance ☎

This class is designed to teach you the basic steps and will progress from a beginner to an intermediate level. Even if you have never danced before, you can learn line dancing and it doesn't require a partner. Come learn a few circle dances, contra line dances and other current line dances.

For ages 10 and older

Mondays, 7-9 p.m.

Jan. 23-March 6 (no class Feb. 13)

\$20 Course 11619

March 20-May 1 (no class April 10)

\$20 Course 11620

Eye Pillow

Make a soothing eye pillow filled with lavender, which is known for relieving nervous tension, headaches and insomnia. Individualize your pillow with a removable, washable cover that you will make and decorate with lace and embroidery. The pillow also makes a great gift.

Monday, Feb. 6, 1-2:30 p.m.

\$10 Course 12001

Blood Pressure Check

Follow Light-n-Lively Aerobics with a free blood-pressure check.

A Colonial Heights Convalescent Center nurse will be on-site the first Wednesday of each month at 10 a.m. Everyone is welcome.

No registration is required.

Free

Introduction to Belly Dancing ☎

Middle-Eastern dance, known to Americans as belly dancing, is an increasingly popular form of recreation. Its gentle, low-impact exercise features movement of the torso and arms as well as traveling steps. Wear comfortable clothing. For ages 14 and older.

Instructor will be Donna Vronek.

Wednesdays 7:40-8:40 p.m.

Jan. 25-March 8 (no class Feb. 15)

\$20 Course 11627

March 22-May 3 (no class April 19)

\$20 Course 11628

Intermediate Belly Dancing ☎

Building on the basics of Middle-Eastern dance, this course will include an introduction to veil dancing, figure eights, shimmies and hip articulation. Veil and finger-cymbal purchases will be available. Prerequisite is six months of belly dancing classes. Wear comfortable clothes. For ages 14 and older. Instructor is Donna Vronek.

Wednesdays, 6:30-7:30 p.m.

Jan. 25-March 8 (no class Feb. 15)

\$20 Course 11629

March 22-May 3 (no class April 19)

\$20 Course 11630

Mommy and Me Fitness ☎

Be with your baby, meet other moms and get fit at the same time. This class will help improve your endurance, strength and flexibility. We also will use moves from yoga and pilates to strengthen your core muscles and reduce stress. For children aged 6 weeks to 2 years

Classes are held 11:20 a.m.-12:20 p.m.

Thursdays, Jan. 5-Feb. 9

\$15 Course 11633

Thursdays, Feb. 16-March 23

\$15 Course 11634

Thursdays, March 30-April 27

\$12.50 Course 11635

Sign Language for Your Baby ☎

Have you ever wished your baby could tell you what he or she wanted instead of crying and having you guess? Now your baby can! This class will introduce you to many useful signs for babies based on American Sign Language. Parents also will receive a baby-signing dictionary. This class is for any baby aged 6 months or older and is taught by a baby-sign-language specialist.

Saturdays, 10-11:30 a.m.

Jan. 21

\$5 Course 11758

Feb. 11

\$5 Course 11759

March 18

\$5 Course 11760